

FREE RECIPES FROM OUR TABLE TO YOURS

ingles table

MAKE YOUR
TABLE SHINE:
MAKE A
CHARCUTERIE
BOUQUET



A NOTE FROM CINDY

The seasons are changing, and that means it's time to swap out cozy, comfort-food meals for fresh, lighter bites. Our Ingles Table chefs have been busy whipping up fantastic, budget-friendly recipes that are easy to make and absolutely delicious. And don't worry—we haven't forgotten about dessert! There are plenty of sweet treats to satisfy your cravings because, let's be honest, every season deserves a little indulgence.

If cooking isn't on the agenda tonight, we've got you covered with fresh, chef-prepared meals that make dinnertime effortless. While you're at it, swing by our bakery for warm, fresh-baked breads, decadent cakes, and irresistible cookies, or explore our hand-selected international cheeses—perfect for a charcuterie board or a little everyday indulgence.

Be sure to check out our website, where you'll find years' worth of amazing recipes, step-by-step videos, printable guides, and handy kitchen tips. Whether you're looking for quick weeknight dinners, crowd-pleasing party dishes, or a fresh take on a family favorite, there's something for everyone.

At Ingles Table, we love sharing both new and classic family recipes with you, and we hope you'll grab your aprons and give some of them a try. From our Ingles Table Family to yours,

Cindy

CINDY MIXON

INGLES MARKETS - VICE PRESIDENT - DELI/BAKERY/STARBUCKS

NO RECIPE NEEDED:

Sometimes a picture is as all you need to make a delicious dish. Visit the Deli for some hand-sliced pastrami, the International Cheese Department for some nutty Gruyere cheese, the Bakery for some fresh-baked bread, and the Produce department for some tangy sauerkraut to create a delicious *Grilled Cheese Reuben*. Don't forget the Thousand Island Dressing.

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ROGER DOWNES + AUBRIE MCGUFFEY + CARLEE ELLISON + KEIRA PETERSON / DOWNES MEDIA

A large, white, scalloped-edge bowl filled with frozen strawberry bark. The bark consists of chocolate-coated strawberries, banana slices, and other fruits, drizzled with a golden caramel sauce and topped with shredded white coconut and chopped almonds. The bowl is set against a light blue background with a whole banana and several fresh strawberries visible around it.

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**JASMIN QUEEN'S
FROZEN STRAWBERRY BARK.**

HEAD TO INGLES-MARKETS.COM, THEN CLICK ON THE
INGLES TABLE BANNER TO FIND THIS RECIPE AND MANY MORE.



INGLES FRESH

Keeping Bread Fresh

Nothing's better than a fresh loaf of bread—whether it's a soft sandwich loaf or an artisan bake. Here are some easy tips to help your bread stay fresh and tasty for as long as possible.

STORE-BOUGHT BREAD

Store-bought bread is designed to last a little longer, thanks to its packaging. Just keep it in the plastic bag it came in, and store it in a cool, dry spot away from direct sunlight—like your pantry. It should stay fresh for 3 to 5 days. It might last up to a week, but after five days, give it a quick check to make sure there's no mold hiding in there. A bread box is a great investment. It provides just the right amount of air circulation to keep bread from getting soggy or stale too quickly.

FRESHLY BAKED BREAD

Homemade yeast or quick bread doesn't have preservatives, so they won't last quite as long—but they're so worth it! As soon as your bread is done baking, let it cool completely on a wire rack. This helps prevent a soggy bottom. Store it in a paper bag to help it breathe. Plastic traps moisture, which leads to mold. You can also try purchasing a reusable cloth bread bag.

FREEZING BREAD: YOUR SECRET WEAPON

Know you won't finish that loaf in time? Pop it in the freezer! Freezing is a great way to extend the life of any type of bread, from hearty whole wheat to sweet cinnamon rolls.

FREEZING STORE-BOUGHT BREAD

Simply freeze it right in the plastic bag it came in—it'll keep well for up to 3 months. When you're ready to eat it, let it thaw at room temperature or toss a frozen slice right into the toaster.

FREEZING HOMEMADE BREAD

For homemade loaves, wraps are key. First, wrap the bread in foil, then place it in a freezer-safe bag. It'll stay good for about 3 months. When you're ready to enjoy it, just unwrap and thaw at room temperature—it's that easy!

WHAT ABOUT THE FRIDGE?

It might seem like a good idea, but storing bread in the fridge actually dries it out faster than leaving it at room temperature. Unless you live in a super humid area and mold is a concern, it's best to avoid the fridge altogether.



ABBY J'S
BROCCOLINI
AND CHERRY
TOMATO TART
RECIPE ON
PAGE 12



KAITLYN BAKER'S

Stuffed Mini Bell Pepper "Carrots"

SERVES: 6-8

12 mini sweet peppers, halved

2 (5.2 oz) rounds of your favorite
herbed spreadable cheese

¼ cup parmesan cheese, grated

24 fresh dill fronds

⅛ cup green onions,
very finely chopped

1 tbsp milk (or as needed)

1. In a small bowl, mix together your spreadable cheese, parmesan cheese, and green onions until smooth. If the mixture is too thick to stir, add a splash of milk or water to loosen it.

2. Cut the tops off the mini sweet peppers, then halve them lengthwise. Remove any seeds.

3. Spoon the cheese mixture into each pepper half.

4. Arrange the pepper halves on a serving platter and place a dill frond at the top of each pepper to resemble a carrot top.



ANGELA & MARC'S

Crunchy Pickled Beet Deviled Eggs

SERVES: 6

6 hard-boiled eggs	2 tbsp fresh chives	½ cup plain kettle-cooked potato chips, crushed
1 (16 oz) jar of pickled beet juice	1 tsp Dijon mustard	Salt and pepper, to taste
3 tbsp mayonnaise	1 tbsp fresh dill	
	1 cup water	

1. Pour the pickled beet juice in a medium glass bowl and add 1 cup of water.
2. Place the peeled hard-boiled eggs in the beet juice so that the eggs are completely submerged. Refrigerate for at least 4 hours. The longer they soak in the juice the richer the color and the more pungent the pickled flavor.
3. After soaking, remove the eggs from the beet juice and cut each one in half, lengthwise. Remove the yolks and place in a mixing bowl.
4. Add the mayonnaise, Dijon mustard, fresh chives, and a pinch of salt and pepper. Mash all ingredients together until smooth and blended.
5. Place the plain kettle-cooked potato chips into a zip-top bag and crush into small crumbs. Set aside.
6. Transfer the prepared yolk mixture in a clean zip-top bag. Cut a hole in the bottom corner of the bag and fill each half of the eggs. (or use a piping bag)
7. Garnish each egg with fresh dill, fresh chives, and crushed chips.



LEAH HOWARD'S

Brunch Punch

SERVES: 20

750mL Asheville Vodka
½ pint of orange sherbet
1 pint fresh strawberries
1 pint fresh blueberries
8 oz frozen peaches
1 bottle of champagne
or prosecco
8 sprigs of mint

1. Scoop sherbet into a large punch bowl.
2. Add the bottle of vodka.
3. Stir in the strawberries, blueberries and peaches. (reserve a few of each for garnish)
4. Mix in the bottle of champagne.
5. Place punch in the freezer for 3-4 hours.
6. Garnish with mint leaves and more fruit.



**CHEF JOHN GIFALDI'S
PEA & MINT SOUP
WITH CARROT PURÉE**
RECIPE ON PAGE 12



SUZY & CLARK NEAL'S

Spring Rolls

SERVES: 6



PEANUT DIPPING SAUCE:

$\frac{2}{3}$ cup peanut butter, creamy
1 tsp garlic, jarred, minced
1 tsp ginger, jarred, minced
2 tsp sesame oil
2 tsp soy sauce
2 tsp rice vinegar
 $\frac{1}{2}$ tsp hot chili oil
 $\frac{1}{2}$ cup hot water (approx.)
chopped peanuts, for garnish

SPRING ROLLS:

12 spring roll wrappers
1 head Boston or other green leaf lettuce, cut into ribbons
6 oz package rice stick noodles, softened and drained, according to package directions
10 oz package matchstick carrots
4-6 miniature cucumbers, cut into matchsticks
2 jalapeños, cut into matchsticks

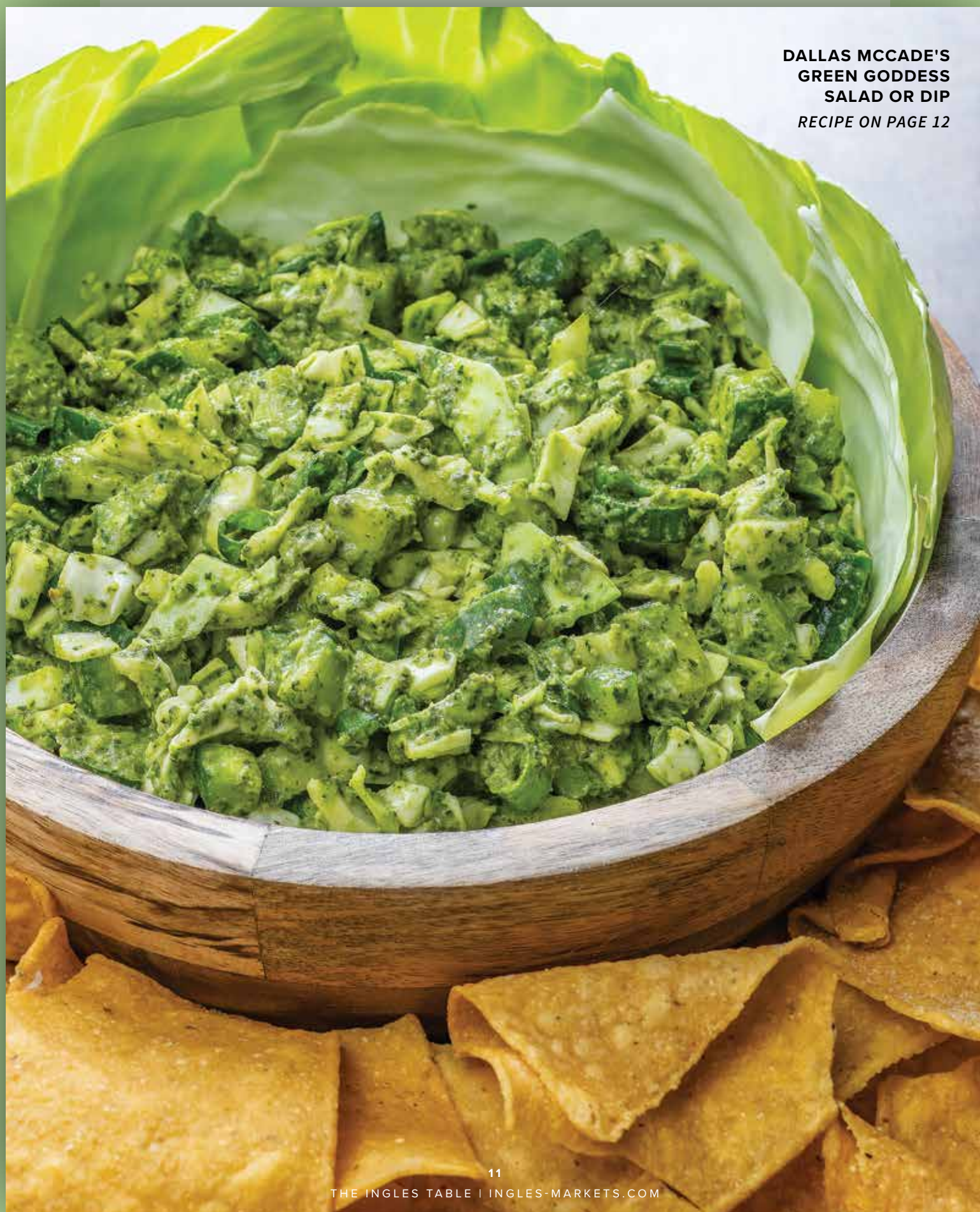
4 green onions, sliced thin
1 bunch basil, fresh
1 bunch mint, fresh
 $\frac{1}{4}$ lb shrimp, cooked, cut in half horizontally
1 rotisserie chicken breast, shredded
1 (14 oz) jar Thai sweet chili sauce, for serving

1. Add all peanut dipping sauce ingredients except hot water and chopped peanuts to a small bowl, mix together. Add enough hot water to thin the sauce to your liking. Transfer to a serving bowl and top with chopped peanuts. Set aside.
2. Place a damp paper towel on your work area.
3. Fill a pie plate with warm water. Dip a spring roll wrapper in the water briefly, about 5 seconds. Place on a damp paper towel.

4. Build spring rolls by placing your choice of protein, basil, and mint leaves in the middle of the spring roll wrapper. Add a pinch of noodles, and a little of the vegetables. Fold the bottom edge of the wrapper over to cover the filling, then fold in the two sides. Tightly roll, and place seam side down – Err on the side of underfilling. The rice paper is fragile.

5. Serve immediately, with dipping sauces on the side.

**DALLAS MCCADE'S
GREEN GODDESS
SALAD OR DIP**
RECIPE ON PAGE 12



ABBY J'S

Broccolini and Cherry Tomato Tart

SERVES: 6

1 puff pastry sheet
 2 tbsp butter, melted
 3 tbsp everything bagel seasoning
 8 oz broccolini
 8 oz cherry tomatoes on the vine
 10 oz spicy hummus
 2 tbsp basil pesto
 2 tbsp Abby J's Smokin' Hot Sauce
 salt & pepper, to taste
 fresh basil, for garnish
 toasted pine nuts, for garnish

1. Score the puff pastry sheet gently with a knife to make a 1½-2 inch border around the sides. Brush the sides with melted butter or olive oil and sprinkle with everything bagel seasoning. Prick the puff pastry sheet (inside the border) with a fork to stop it from puffing up in the oven. Bake in the oven at 425°F for 12 to 15 minutes, or until golden brown.
2. Arrange broccolini and tomatoes on a roasting tray. Season with salt and pepper, drizzle with olive oil and roast in the oven on a separate rack from the puff pastry.
3. Combine the hummus, pesto and season with salt and pepper; mix well.
4. Place the hummus filling onto the center of the slightly cooled baked puff pastry sheet and spread evenly.
5. Top with roasted broccolini and cherry tomatoes; garnish with fresh basil, pine nuts and Abby J's Smokin' Hot Sauce. Serve warm!

PHOTO ON PAGE 5

DALLAS MCCAIDE'S

Green Goddess Salad or Dip

SERVES: 4-6

SALAD INGREDIENTS:
 1 small cabbage, finely diced
 4 small Persian cucumbers (or 3 medium sized)
 1 bunch green onions, chopped
 ½ cup fresh chives, chopped

DRESSING INGREDIENTS:

2 lemons, juiced
 ¼ cup olive oil
 2 tbsp rice vinegar
 2 cloves garlic
 1 small shallot
 1 cup spinach
 ⅓ cup nutritional yeast
 ¼ cup walnuts
 1 tsp salt

1. Chop and mix all salad ingredients in a medium sized bowl.
2. Add all dressing ingredients, liquids first, to a blender and blend until smooth.
3. Pour dressing over salad, toss, and serve as a salad or with tortilla chips as a dip.

PHOTO ON PAGE 11

CHEF JOHN GIFALDI'S

Pea and Mint Soup

with Carrot Purée

SERVES: 6-8

1 tbsp extra virgin olive oil
 1 stalk celery, chopped
 1 medium onion, chopped
 ½ clove garlic, chopped
 1 (32 oz) box of Laura Lynn vegetable broth
 1 (14 oz) frozen peas
 1 small bunch of fresh mint
 salt and freshly ground black pepper

1. Place a large pan on high heat with extra virgin olive oil. Add the celery, onion and garlic; sauté for about 5 minutes, stirring occasionally with a wooden spoon.
2. Add the broth and peas to the vegetables.
3. Stir and bring to a boil.
4. Reduce the heat, put the lid on and simmer for about 10 minutes.
5. When the peas have softened, remove the pan from heat, season with salt and pepper, and add the mint leaves.
6. Using a blender pulse the spring pea and mint soup until smooth.
7. Serve hot or cold. Garnish with a sprig of fresh mint and a swirl of carrot purée.

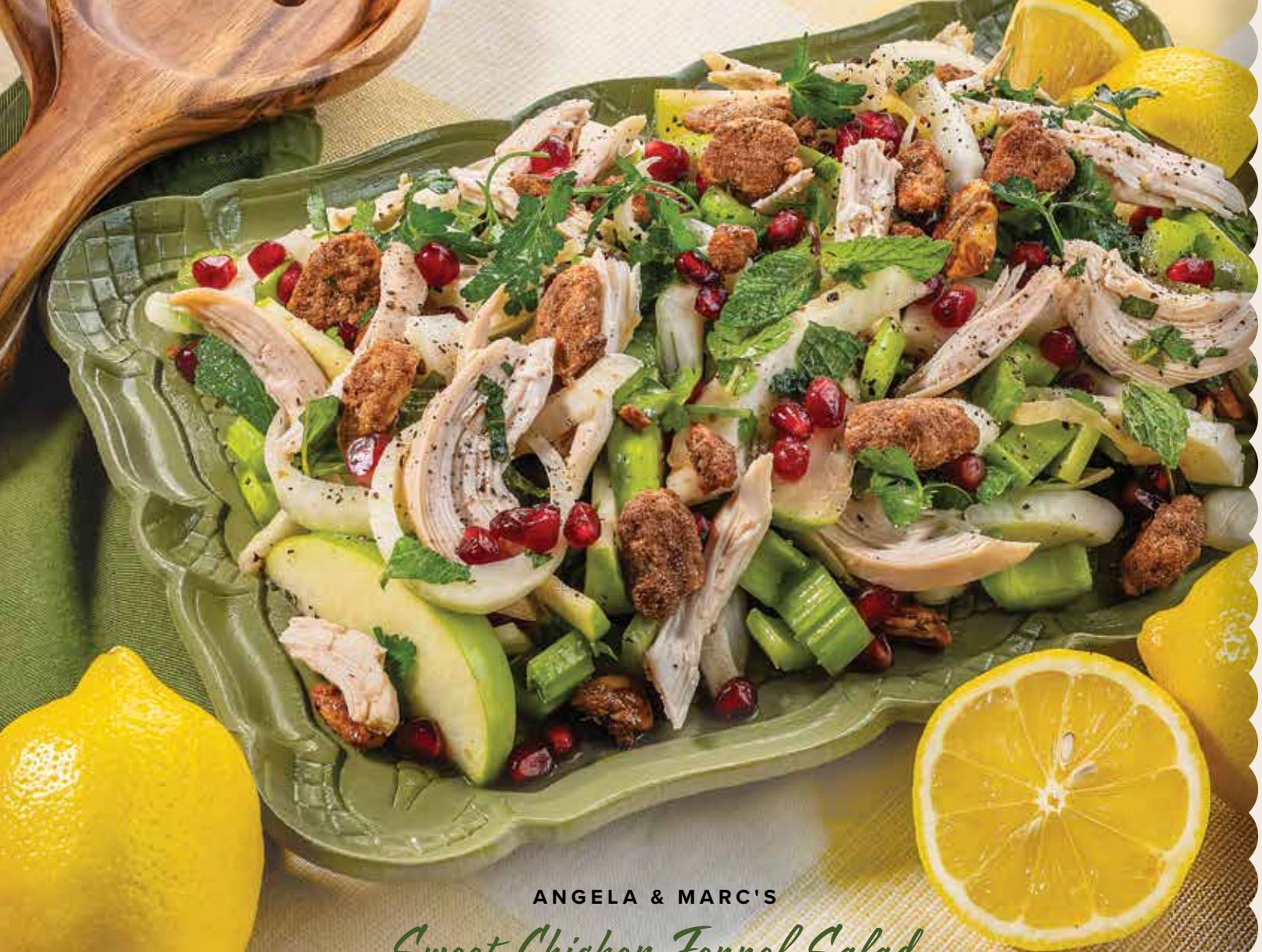
CARROT PURÉE

1 lb carrots
 ¾ cup water
 4 tbsp unsalted Butter
 1 tsp sea salt
 2 tbsp lemon juice

1. Slice the carrots about ¼-inch thick.
2. In a medium saucepan, place carrots, water, butter, and salt. Cook over high heat just until it starts to boil. Reduce the heat to low, cover, and continue to cook until the carrots are soft enough to mash with a fork.
3. Transfer the carrots, 1/2 cup of the cooking water, and 1 tbsp of lemon juice to a blender.
4. Blend until smooth. You may need to add more cooking water. Taste and season with more salt and lemon juice, if desired.
5. Strain into a squeeze bottle.

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YOU CAN FIND EVEN MORE RECIPES WITH
 PRINTABLE SHOPPING LISTS AND INSTRUCTIONAL
 VIDEOS BY GOING TO INGLES-MARKETS.COM AND
 CLICK ON THE INGLES TABLE BANNER



ANGELA & MARC'S

Sweet Chicken Fennel Salad

SERVES: 4-5

SALAD INGREDIENTS

1 Ingles Lemon Pepper
Rotisserie chicken
2 fennel bulbs
1 green apple
1 cup pomegranate seeds

3 celery stalks

1/3 cup candied pecans

1/4 cup fresh mint, chopped

1 1/2 cups parsley, chopped

LEMON HONEY DRESSING

1 tbsp Laura Lynn honey
1 tbsp apple cider vinegar with honey
1/4 cup lemon juice
1/4 cup olive oil
salt and pepper, to taste

1. Remove the stem of each fennel bulb. Cut each fennel bulb in half and then in half again until you're left with four equal parts. Cut the core out of each quarter and then slice into thin strips.

2. Cut the green apple in half, remove the seeds, and core. Slice each half into thin wedges or slice into thin strips.

3. Horizontally line celery stalks together and cut the ends off each side. Cut each stalk in half and proceed to cut julienne style to produce thin matchstick pieces.

4. Add the fennel, apple, celery, pomegranate seeds, candied pecans, chopped parsley and mint into a large salad bowl. Toss together until blended.

5. Place the rotisserie chicken on a cutting board, breast side down. Tear off chicken meat in short, thin, shredded strips.

6. In a mixing bowl, add the honey, lemon juice, apple cider vinegar with honey, olive oil and salt and pepper to taste. Blend until smooth.

7. Using tongs place a serving of salad on a salad plate. Top with rotisserie chicken and drizzle lemon dressing to taste.

8. Garnish with a pinch of parsley and candied pecans.

Ask Leah

CORPORATE DIETITIAN FOR INGLES MARKETS

SAVORING SPRING FLAVORS

As we move from winter into Spring and then Summer, we tend to start to lighten up our plates and instead of rich, heavy foods, stews and desserts we start looking for lighter flavors that may feature more seasonal fruits and vegetables.

Some ways to spring into new and lighter flavors:

FRESH SQUEEZED LEMON JUICE AND ZEST

Add a squeeze of fresh lemon juice to water, roasted vegetables like asparagus or to a crisp arugula salad. Add some lemon zest to your baked items like sugar cookies or quick breads or to cooked fish or chicken to brighten the flavor.

ADD ASPARAGUS

Chop up asparagus and add it to an omelet, quiche, or soup/stew
Roast asparagus on a sheet pan with olive oil, salt, and pepper.

BERRY BONUS

Add fresh blueberries or strawberries to your salad, oatmeal, yogurt or breakfast cereal. Enjoy fresh berries as a snack or dessert with plain or vanilla Greek yogurt.
Need to add a little sweetness? Try a drizzle of honey.

This is also the time of year to clean off that outside grill and think about having grilled meat, chicken, fish or even extra firm tofu or tempeh as your main dish.



LEAH MCGRATH RD, LDN

**KELLI & ERIN'S
SOUTHWEST
CHICKPEA SALAD**
RECIPE ON
PAGE 24



JAIME AGER'S

Sausage, Spinach, and Cheese Swirls

MAKES: 30 PINWHEELS

2 sheets frozen puff pastry,
thawed according to package
directions
12 oz Hickory Nut Gap Breakfast
Sausage
3 cups fresh spinach, chopped
2-3 spring onions, thinly sliced
1 tbsp olive oil
¾ cup shredded Asiago cheese
1 egg, beaten (for egg wash)

1. Preheat oven to 400°F. Line two baking sheets with parchment paper.
2. Heat olive oil in a cast iron pan over medium heat. Add spring onions and spinach, sautéing just until wilted. Remove and set aside. In the same pan, brown the sausage, breaking it into crumbles. Let everything cool slightly.
3. Unfold the puff pastry on a lightly floured surface. Using a rolling pin, smooth out the creases of puff pastry just slightly. Evenly spread about half of the cooled sausage, spinach, onions, and cheese over the pastry edge to edge, leaving about ¾ inch of uncovered dough on one of the short edges. This will help the puff pastry roll seal. Repeat this process with the second puff pastry sheet and the remainder of the vegetables and cheese.
4. Starting on the short side, roll both sheets of puff pastry tightly into logs. Use a bit of egg wash to seal the edge of the puff pastry to the roll. Trim excess dough from the ends and wrap in plastic wrap. Place the logs in the freezer for about 20-30 minutes to firm up, making slicing easier.
5. Slice into ½-inch rounds and place on the prepared baking sheets. Brush with egg wash. Bake for 13-15 minutes until golden brown and puffed.





SMOKIN' JOE LASHER'S
Fried Tomato Napoleon

SERVES: 4

TOMATOES:

3 medium tomatoes
(green, beefsteak,
or heirloom)
1 cup buttermilk
1 cup all-purpose flour
1 cup cornmeal
1 tsp salt
½ tsp black pepper
½ tsp smoked paprika
½ tsp garlic powder
1 egg
1 tbsp hot sauce
½ cup vegetable oil,
for frying
1 tub Ingles pimento cheese,
with or without jalapenos

REMOULADE SAUCE:

½ cup mayonnaise
1 tbsp Dijon mustard
1 tbsp creole (or whole grain)
mustard
1 tbsp lemon juice
1 tbsp hot sauce
1 tsp Worcestershire sauce
½ tsp smoked paprika
½ tsp garlic powder
½ tsp onion powder
1 tbsp capers, chopped
1 tbsp fresh parsley, chopped
salt & pepper, to taste

1. Prep the tomatoes by slicing into ¼ inch thick rounds. Soak in buttermilk for 15-20 minutes.
2. Make the remoulade sauce by combining mayo, mustards, lemon juice, hot sauce, Worcestershire sauce, seasonings, capers and parsley in a bowl. Mix well and refrigerate.
3. Fry the tomatoes! In one bowl, mix flour, cornmeal, salt, pepper, smoked paprika, and garlic powder. In another bowl, whisk egg with hot sauce.
4. Remove tomatoes from buttermilk, dredge in flour mixture, dip in egg wash, then coat again with flour mixture.
5. Heat vegetable oil in pan to 350°-375° F. Fry tomatoes 2-3 minutes per side until golden brown. Remove and drain on paper towels.
6. Assemble the Napoleon by starting with a layer of remoulade sauce on the plate, then a fried tomato. Add a layer of pimento cheese, then another tomato. Add another layer if you'd like! Drizzle with remoulade sauce and garnish with fresh parsley. Enjoy!



CHEF CARLA FIGÁRO'S

Roasted Veggie Wrap

SERVES: 4

HUMMUS

- | | |
|-----------------------------|--------------------------------|
| 1 ½ cups dry garbanzo beans | ½ tsp pink salt, (or to taste) |
| ½ tsp baking soda | ¼ cup tahini |
| 1 lemon, zested | ¼ cup ice water |
| ½ lemon, juiced | ½ tsp ground cumin |
| 2 cloves garlic, minced | 1 tbsp extra virgin olive oil |

1. Rinse and soak dry garbanzo beans in water and baking soda overnight.
2. Drain the beans, add to a medium saucepan and fill with salted water to cover the beans by one inch. (salt the water like you would pasta water)
3. Bring to a boil, then cover and reduce heat. Cook for about 20 minutes (until soft and mashable). Drain and let cool.
5. In a small bowl, combine olive oil, garlic, and lemon; set to rest 10 min.
6. Add the oil, beans, tahini, lemon zest, olive oil, and seasonings to a food processor; blend until smooth.
7. Add half of the ice water and blend until silky. Add more water if needed.

FETA DRESSING

- | | |
|----------------------|-------------------------------|
| 5 oz Greek yogurt | ¼ tsp black pepper |
| 5 oz feta cheese | 2 tbsp extra virgin olive oil |
| 1 large clove garlic | salt, if needed |
| 1 lemon, zested | |

1. Place all ingredients in a food processor and blend until smooth.
2. Add salt, if needed. You can also add lemon juice if you like more tang.

FILLING

- | | |
|---|-------------------------------|
| 1 large carrot, thinly sliced | 1 tbsp extra virgin olive oil |
| 1 zucchini, thinly sliced | ¼ tsp dry oregano |
| 1 yellow squash, thinly sliced | ½ tsp pink salt |
| 1 can artichoke bottoms, sliced | ½ tsp granulated garlic |
| 1 red bell pepper, seeded and cut into quarters | ¼ ground black pepper |

1. Toss all filling ingredients together; marinate for 20 minutes.
2. Preheat oven to 475°F.
3. On a parchment-lined sheet pan, spread vegetables evenly, and roast for 10 - 15 minutes (you may need two sheet pans).

ASSEMBLY

- | | |
|------------------------------------|---------------|
| 1 pack Middle Eastern flat bread | ½ cup sprouts |
| (may substitute any type of bread) | 1 cup arugula |

1. Warm the bread slightly in the oven or on a skillet.
2. Spread with hummus (homemade from the recipe above or store bought.), then arugula, vegetables, sprouts, and feta sauce.

Table for Two

EASY MEALS MADE JUST FOR TWO

Check out Deborah's delicious *Greek Pasta Salad* recipe, available exclusively at ingles-markets.com.

DEBORAH ADAMS'S
GREEK LAMB BURGERS
WITH TZATZIKI
RECIPE ON PAGE 24

CHEF DEREK ST. ROMAIN'S
AVOCADO MANGO SALAD
RECIPE ON PAGE 24



JASMIN QUEEN'S

Mediterranean Beef Stir-Fry

SERVES: 4

1 tbsp olive oil
1 lb ground beef
1 onion, diced
1 tbsp minced garlic

1 red bell pepper, sliced
1 zucchini, cut into half-moons
1 cup cherry tomatoes
2 tbsp Mediterranean seasoning

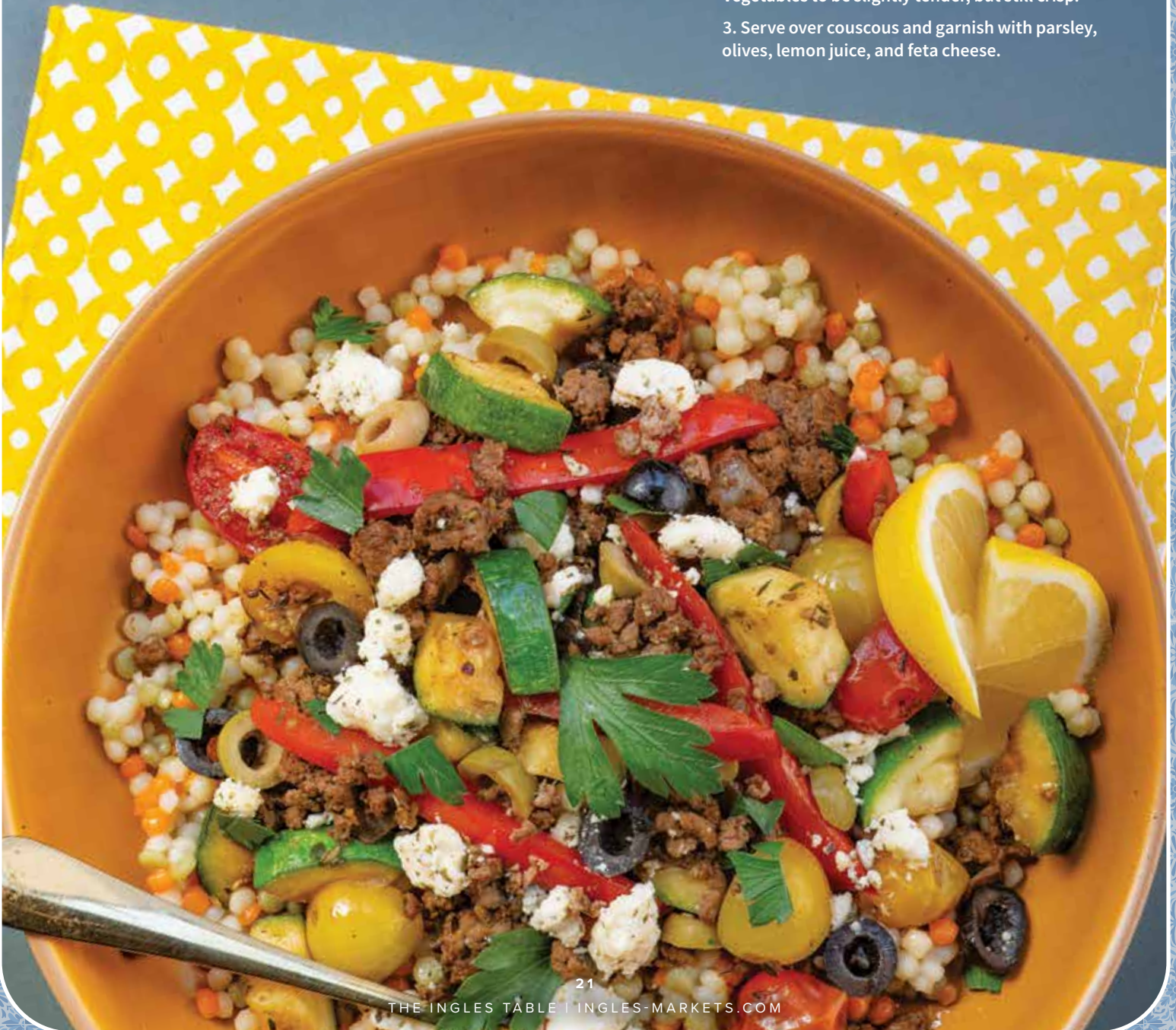
2 tsp fennel
¼ tsp crushed red pepper flakes
2 cups couscous, cooked
salt and pepper, to taste

OPTIONAL GARNISHES:
parsley
black and green olives
lemon juice
crumbled feta cheese

1. Heat olive oil in a large pan. Add onions and garlic and sauté for 2-3 minutes. Add the ground beef to the skillet and cook until browned.

2. Add the vegetables and spices to the ground beef and cook for 5 minutes. You want the vegetables to be slightly tender, but still crisp.

3. Serve over couscous and garnish with parsley, olives, lemon juice, and feta cheese.





SUZY & CLARK NEAL'S

Salmon BLT Party Sandwich

SERVES: 4 - 8

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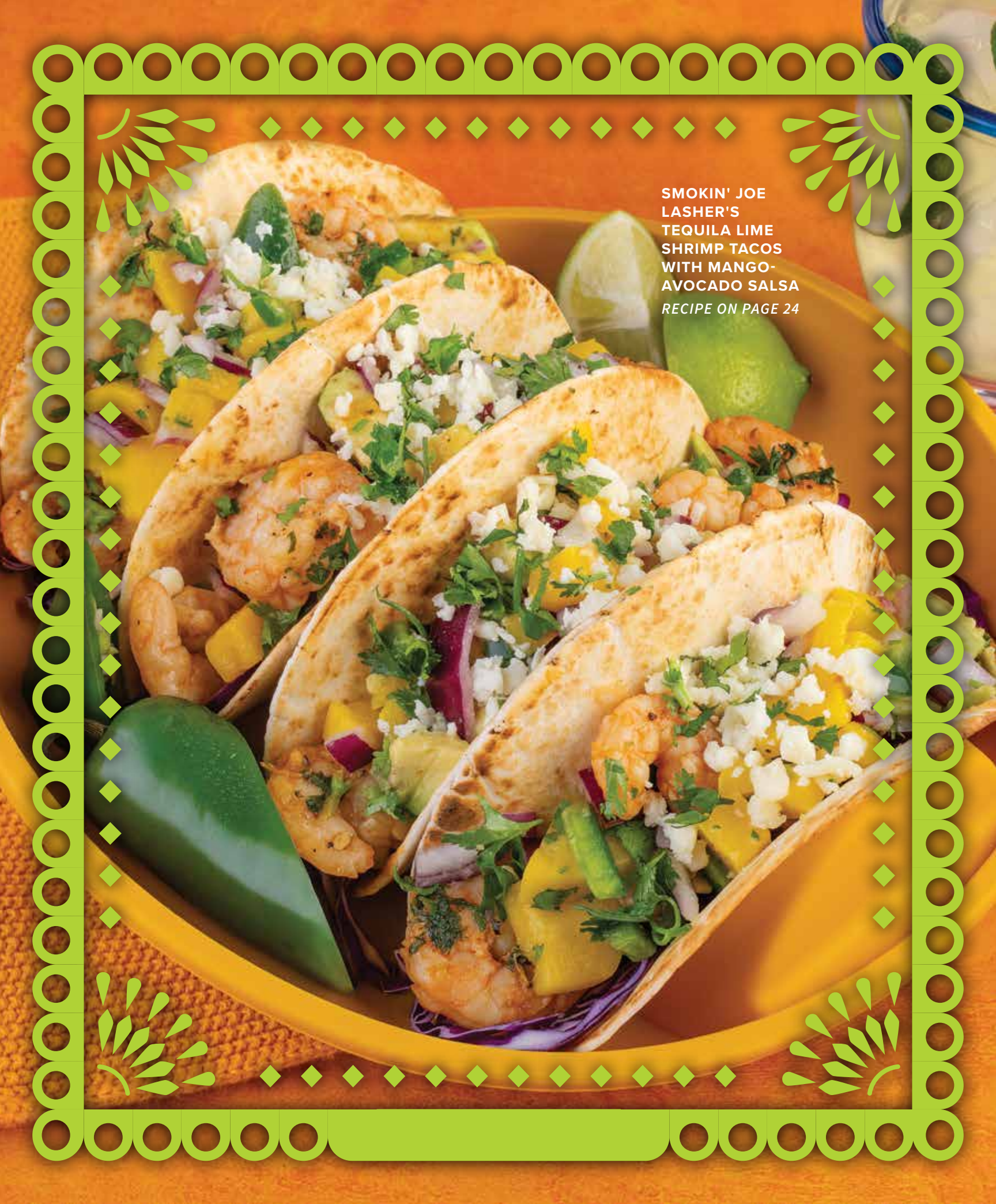
- ¼ cup mayonnaise
- 1 tbsp chili crisp
- 1 tsp maple syrup

SANDWICH:

- 1½ lbs. wild sockeye salmon, whole side, thawed
- 1 tbsp olive oil
- salt and pepper, to taste
- 6-8 slices bacon, cooked crispy
- 4 pieces green leaf lettuce
- 1 tomato, large, sliced
- 1 loaf Ingles bakery bread, sliced in half horizontally, toasted

1. Make the sauce by mixing the mayonnaise, chili crisp, and maple syrup together in a small bowl. Set aside.
2. Preheat oven to 400°F. Line a baking sheet with aluminum foil.
3. Use a paper towel to pat the salmon dry, and place skin side down on baking sheet.
4. Lightly oil the top of the salmon, and season with salt and pepper. Bake for 10-12 mins. or until the thickest part of the fish flakes easily. Let the fish rest 5 mins.
5. Assemble the sandwich. Place the bottom of the bread on a serving board, add lettuce.
6. Run a long spatula under the fish to separate the skin from the fish, if desired.

Lift the salmon off the pan using two spatulas, and place on the lettuce. Place bacon on top of the salmon, then add tomato slices. Spread the chili crisp aioli on the cut side of the top of the roll, then place it on top to complete the sandwich. Serve immediately.

A close-up photograph of five shrimp tacos arranged on a yellow plate. Each taco is filled with a large shrimp, diced mango, avocado, red onion, and white cheese. The tacos are topped with fresh cilantro. A whole green jalapeño pepper and a lime wedge are also on the plate. The image is framed by a decorative green border with circular and diamond patterns.

SMOKIN' JOE
LASHER'S
TEQUILA LIME
SHRIMP TACOS
WITH MANGO-
AVOCADO SALSA
RECIPE ON PAGE 24

KELLI & ERIN'S

Southwest Chickpea Salad

SERVES: 4-5

1 (15 oz) can each of chickpeas, black beans, and corn, rinsed / drained

1 cup cherry tomatoes, halved

¼ cup cilantro, minced

½ cup red onion, chopped

½ cup bell peppers, finely diced

½ cup green onion, diced

1 jalapeño, diced

2 tbsp olive oil

1 tbsp maple syrup

2 limes, juiced

1 tbsp minced garlic

1 tsp each of dried basil, salt, cumin, paprika, and chili powder

1. In a medium bowl, combine chickpeas, black beans, corn, tomatoes, and red onion.

2. In separate bowl, mix maple syrup, lime juice, olive oil, garlic, and all remaining seasonings.

3. Pour dressing over salad; toss gently.

4. Let chill in refrigerator for one hour.

5. Add cilantro and green onion; toss prior to serving.

PHOTO ON PAGE 15

CHEF DEREK ST. ROMAIN'S

Avocado Mango Salad

SERVES: 4-5

2 cups avocados, diced

½ cup red onion, diced

2 cups mangos, diced

¼ cup fresh cilantro, chopped

¼ cup fresh mint, chopped

1 cup cherry tomatoes, halved

½ cup goat cheese, plus more for garnish
balsamic glaze, to drizzle

¼ cup olive oil

¼ cup lime juice

salt and pepper, to taste

balsamic glaze, to drizzle

CHEF DEREK'S AVOCADO MANGO SALAD, CONT'D

1. In a large bowl, mix all of the ingredients together and then let it chill in the refrigerator for at least 20 minutes.

2. When you are ready to serve, sprinkle goat cheese on top and drizzle with desired amount of balsamic glaze.

PHOTO ON PAGE 20

DEBORAH ADAMS'S

Greek Lamb Burgers

with Tzatziki Sauce

SERVES: 2

1 lb ground lamb

1 tbsp Greek seasoning of your choice

1 egg, whisked

1 tbsp canola oil

1 tomato, sliced

2 lettuce leaves

½ red onion, sliced

¼ cup goat cheese, crumbled

1 cup Tzatziki sauce, ready-made

2 brioche buns or pita bread

salt & pepper to taste if your Greek seasoning doesn't include them

1. Add ground lamb to a large bowl along with a whisked egg and Greek seasoning. Gently mix together, trying not to over-mix or compact the burger.

2. Divide the lamb mixture in half and form into two patties; let them rest at room temperature for 5 minutes.

3. Preheat skillet on medium high. When the skillet is hot, add some oil to cover the bottom.

4. Add burgers. If they don't sizzle, wait and continue to heat skillet, then add burgers.

5. When you see the patty turning colors halfway up the sides (about 5 minutes), flip.

6. Cook on the other side for about 5 minutes. (Cooking time varies according to how well done you prefer). The internal temperature should be 145°F for medium rare and 160°F for well done. (it is recommended that ground meats are well done).

7. When done let the burgers rest in skillet about 5 minutes while you warm the buns.

8. Place the lettuce, tomato slice, onion slice, and the burger on the bottom bun. Top the burger with Tzatziki sauce and goat cheese.

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SMOKIN' JOE LASHER'S

Tequila Lime Shrimp Tacos *with Mango-Avocado Salsa*

MAKES: 6-8 TACOS

SHRIMP:

1 lb shrimp, peeled and deveined

2 tbsp olive oil

¼ cup tequila

2 tbsp fresh lime juice

1 tsp lime zest

1 tsp minced garlic

½ tsp each of chili powder, cumin, smoked paprika, salt, and black pepper

½ tsp honey

1 tbsp chopped fresh cilantro

SALSA:

1 ripe mango, diced

1 ripe avocado, diced

¼ cup red onion, finely chopped

½ jalapeno, finely chopped

2 tbsp fresh cilantro, chopped

1 lime, juiced

¼ tsp salt

TACOS:

6 small corn or flour tortillas

½ cup shredded purple cabbage

½ cup Cotija cheese, crumbled

1 lime wedge, for garnish

extra chopped cilantro, for garnish

crema

1. In a bowl, mix olive oil, tequila, lime juice, lime zest, garlic, chili powder, cumin, smoked paprika, salt, black pepper, honey, and chopped cilantro. Add shrimp and toss to coat. Cover and refrigerate for 15-30 minutes.

2. In a separate bowl, combine mango, avocado, red onion, jalapeño, cilantro, lime juice, and salt. Gently toss and set aside.

3. Heat a large skillet or grill pan over medium-high heat. Add shrimp and cook for 2-3 minutes per side, until opaque. Do not overcook.

4. Warm tortillas on a dry skillet or directly over the flame for a slight char. Layer with cabbage, shrimp, and a spoonful salsa. Sprinkle with Cotija cheese and garnish with cilantro.

5. Serve with lime wedges, hot sauce, or crema.

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DALLAS MCCADE'S

Roasted Cabbage Steaks with Roasted Red Pepper Tahini Dressing

SERVES: 4

- 1 large head cabbage
- 4 tbsp olive oil
- 1 tsp salt
- 2 tsp paprika
- 1 tbsp garlic powder
- diced red peppers, to taste

1. Cut cabbage into 1 inch round steaks and place onto a parchment paper lined baking sheet.
2. Brush both sides of the cabbage steaks with olive oil.
3. Sprinkle salt, garlic and paprika evenly on each side.
4. Bake at 400°F for 35-40 minutes until tender throughout.
5. Drizzle with roasted red pepper tahini sauce and top with fresh diced red peppers before serving.

Dressing

- ½ cup tahini
- 3 whole roasted red peppers
- ½ cup water
- 2 tbsp lemon juice
- 1 clove garlic
- salt to taste

1. Blend all ingredients in a food processor, until smooth.

CHEF DEREK ST. ROMAIN'S

Roasted Halibut with Carrot Slaw

SERVES: 1

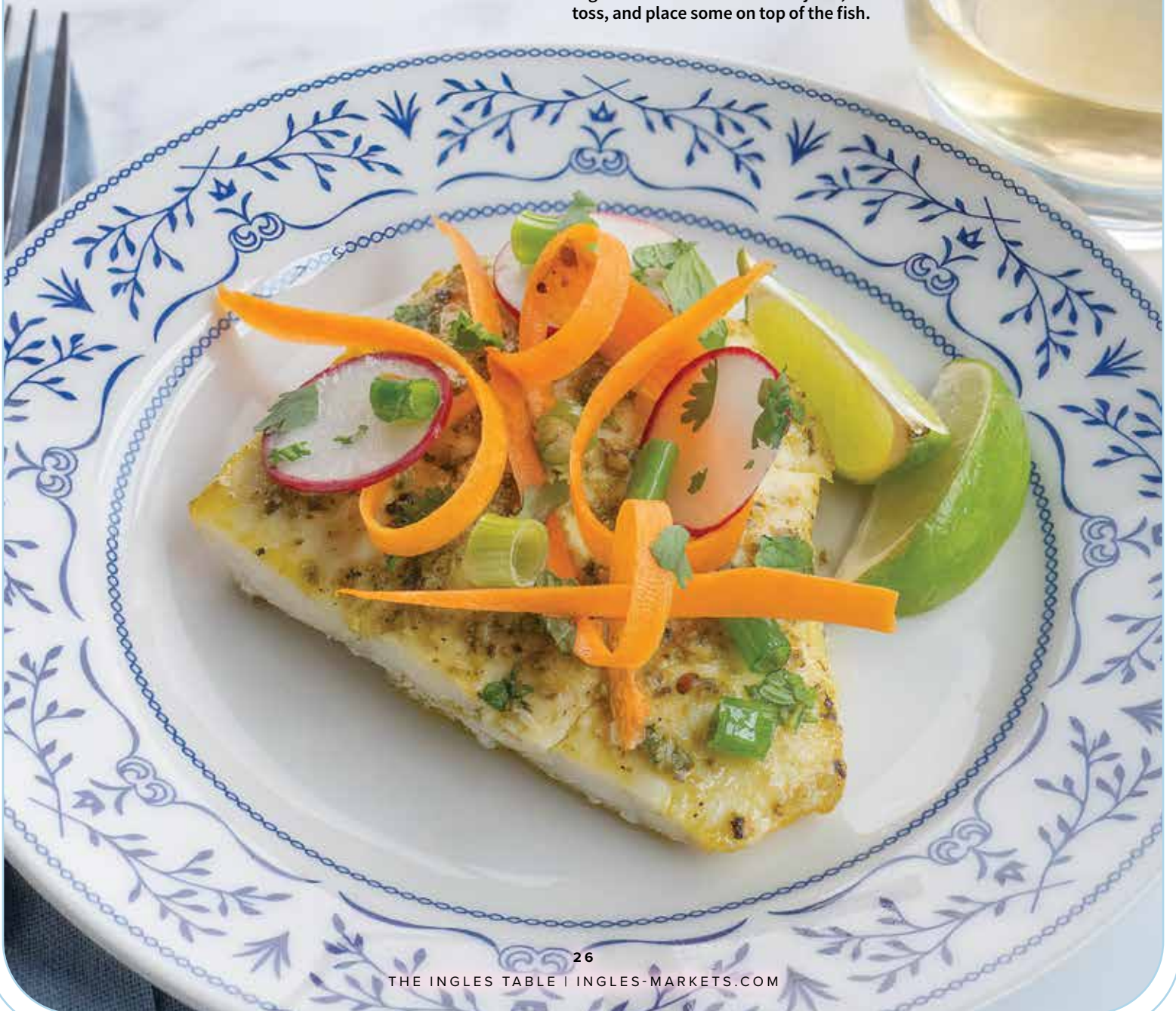
HALIBUT

6-8 oz. halibut filet
1 jar of pesto
olive oil cooking spray
salt and pepper, to taste

CARROT SLAW

½ cup carrot, cut into ribbons
4-5 radishes, sliced
2 tbsp green onions, chopped
1 tbsp fresh cilantro, chopped
1 tbsp fresh mint, chopped
2 tbsp lime juice

1. Spray a non-stick baking sheet with olive oil spray.
2. Place fish on a baking sheet and cover with about a tbsp of your favorite jarred pesto.
3. Sprinkle salt and pepper over the fish and give it a light spray of olive oil.
4. Bake at 375°F for 10 to 12 minutes.
5. Mix all the carrot Slaw ingredients together with a drizzle of lime juice, toss, and place some on top of the fish.





JAIME AGER'S
SMASH BURGER
RECIPE ON PAGE 31





JASMIN QUEEN'S

Spanish Pork Chops

SERVES: 4

4 bone-in pork chops
2 tbsp olive oil
1 tbsp garlic powder
1 tbsp onion powder
1 (14 oz) chorizo, diced

1 onion, sliced
1 red bell pepper, sliced
1 green bell pepper, sliced
1 tbsp garlic, minced
2 (10 oz) cans diced tomatoes

1 (15 oz) can pinto beans, drained
1 (15 oz) can black beans, drained
2 tsp smoked paprika

½ tsp red pepper flakes
instant Spanish rice
Italian flat-leaf parsley, for garnish
salt and pepper, to taste

1. Place the pork chops on a large cutting board, pat them dry, and season them with garlic powder, onion powder, salt, and pepper.

2. In a large skillet, warm the olive oil, then add the pork chops and cook for 3-4 minutes per side until browned and partially cooked through. Transfer them to a plate and set aside.

3. In the same pan, add the diced chorizo and cook for 2 minutes. Then add the onions and the sliced bell peppers and cook for 3 minutes, until tender.

4. Add the garlic, smoked paprika, red pepper flakes, and a pinch of salt to the pan and cook for an additional minute.

5. Pour in the diced tomatoes and stir to combine with the vegetable mixture. Then add the beans and stir again to combine with the tomato sauce. Reduce heat and simmer for 5 minutes.

6. Once the sauce has simmered, place the pork chops back in the pan and cook for an additional 5 minutes.

7. Garnish with parsley and serve over a bed of Spanish rice.

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JASMIN QUEEN, CNC

Winner, "My Diet is Better Than Yours"



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Director of Culinary Services for
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SCOTT CULPEPPER

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CHEF ABBY J

Founder of Abby J's Gourmet /
Proprietor Blackhawk Flyfishing



JAIME AGER

Hickory Nut Gap Farms



CHEF CARLA FIGARO

Chef, Wellness Coach, and Life Consultant



SMOKIN' JOE LASHER

Co-Owner and Founder
M7 Event Solutions and Catering



SUZY & CLARK NEAL

Unicoi Preserves

CHEF JOHN GIFALDI'S

Honey Orange Glaze Chicken

SERVES: 4

4 chicken breasts
(bone in, skin on)

2 tbsp olive oil

1 cup orange juice

2 tbsp brown sugar

2 tbsp honey

1 tbsp cider or
white wine vinegar

1 fresh orange,
cut into rings

1. Set the oven to 425°F.
2. On the stovetop, heat a large oven-safe skillet over medium heat and add the chicken, skin side down. Cook 3-4 minutes per side until brown.
3. Remove from heat and add ¼ cup water to the skillet then place in the oven and cook for 25 minutes or until the temperature shows 160°F on a thermometer.
4. Meanwhile, prepare the glaze. In a saucepan, combine orange juice, brown sugar, honey and vinegar. Reduce heat to medium and simmer until sauce has thickened for 6 to 8 minutes.
5. When the chicken has reached 160°F liberally baste with the glaze and return it to the oven until the chicken reaches 165°F (about 5 more minutes).
6. Remove chicken from the oven and place it on a cutting board to rest.
7. Heat the skillet on the stove and add the oranges. Cook on each side for 1-2 minutes then remove to your serving dish.
8. To serve, set chicken along with the oranges on a serving dish and spoon sauce on top.

CHEF'S NOTES:

Tender, juicy chicken coated in a sweet and tangy glaze made from honey and fresh orange juice, with a hint of zest.



JAIME AGER'S

Smash Burger

SERVES: 4

BURGER

1 lb Hickory Nut Gap Smash Burger beef
(divided into 4 equal portions)

4 slices colby jack cheese

4 potato burger buns

½ small white onion, thinly sliced

1 small tomato, sliced

4 leaves green leaf or iceberg lettuce

salt & black pepper, to taste

HICKORY NUT GAP BURGER SAUCE

¼ cup mayo

2 tbsp yellow mustard

2 tbsp ketchup

¼ cup diced pickles

1. Make the Hickory Nut Gap burger sauce by mixing together mayonnaise, mustard, ketchup, and diced pickles; Set aside

2. Divide the meat into quarters, roll into a loose ball. Top each ball on the top with a small square of parchment paper.

3. Place a griddle (or large cast-iron skillet) over medium-high to high heat.

4. Toast the buns cut-side down on the griddle for 30–60 seconds, until golden brown.

5. Place each rolled 4-ounce beef portion onto the hot griddle one at a time.

6. Immediately press flat firmly with a burger press or heavy spatula. Patty should be about ¼-inch thin. Hold the burger flat for 10 seconds to ensure maximum contact with the hot surface for a deep brown crust. Remove parchment paper square.

7. Season each patty generously with salt and black pepper and let cook without moving for 2 minutes, until the edges are crispy and browned.

8. Flip the burger, place a slice of cheese on each patty, and cook for another 30–45 seconds, until the cheese melts. (Place a sheet pan over the top of the skillet to promote melting, if needed)

9. Spread burger sauce on the top and bottom bun. Add a tomato followed by the cheeseburger patty. Top with onion slices, lettuce and the top bun.

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KAITLYN BAKER'S

Chipotle Pineapple Glazed Ham

SERVES: 4-5

1 (20 lb) fully cooked spiral-cut ham

2 cups pineapple juice

1 cup water

2 cups crushed pineapple, drained

1½ cups brown sugar, packed

½ cup honey

½ cup apple cider vinegar

4 chipotle peppers in adobo sauce, minced

4 tbsp adobo sauce (from the chipotle can)

2 tsp ground cinnamon

2 tsp smoked paprika

1 tsp garlic powder

½ tsp salt

½ tsp ground black pepper

1. Set your oven to 325°F. Place the ham in a large roasting pan and pour pineapple juice and water into the bottom. This helps keeps ham moist.

2. In a saucepan over medium heat, combine pineapple, brown sugar, honey, vinegar, chipotle peppers, adobo sauce, cinnamon, smoked paprika, garlic powder, salt, and black pepper. Stir, bring to a simmer, and cook for 10-12 minutes, stirring occasionally, until the glaze thickens.

3. Cover ham loosely with foil; bake for 3-3½ hours (about 15 minutes/lb).

4. In the last 45 minutes to 1 hour of cooking, remove the foil and start basting every 10-15 minutes to build a caramelized, flavorful coating.

5. For an extra crispy, caramelized finish, place the ham under the broiler for 3-4 minutes after baking. Watch closely to avoid burning. (ensure the internal temperature reaches 140°F before serving).

6. After removing the ham from the oven, let it rest for 15-20 minutes before slicing. Drizzle with any remaining glaze or serve it on the side.

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KELLI AND ERIN'S

No-Bake Mini Raspberry Lemon Cheesecakes

SERVES: 12

1½ cups graham cracker crumbs

4 tbsp unsalted butter, melted

1 (16 oz) pkg cream cheese, softened

½ cup granulated sugar

2 tbsp lemon juice

1 tsp lemon zest

1 tsp vanilla extract

1 cup heavy cream, whipped

½ cup raspberry puree

3 instant lemon pudding cups

fresh raspberries

lemon slices

fresh mint

1. In a medium bowl, mix the graham cracker crumbs and melted butter until well combined. Press the mixture into the bottom of a 9-inch springform pan to form the crust. Place it in the refrigerator to set while you prepare the filling.

2. In a large mixing bowl, beat the softened cream cheese and sugar until smooth and creamy. Add the lemon juice, lemon zest, and vanilla extract. Continue beating until everything is well incorporated.

3. Gently fold in the whipped cream into the cream cheese mixture until the filling becomes light and fluffy.

4. Pour the cheesecake filling over the prepared crust. Drizzle the raspberry purée over the top. Using a toothpick or skewer, gently swirl the raspberry purée into the cheesecake for a beautiful marbled effect.

5. Refrigerate the cheesecake for at least 4 hours or overnight to allow it to set properly.

6. Before serving, garnish on top with a teaspoon of instant lemon pudding, fresh raspberries, lemon slices, and fresh mint for an extra pop of color and flavor.

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KAITLYN BAKER'S
CHIPOTLE PINEAPPLE
GLAZED HAM
RECIPE ON PAGE 31



ABBY J'S

Creamy Vegetable Pot Pie

SERVES: 6

- 2 tbsp unsalted butter
- 2 tbsp olive oil
- 1 (8 oz) container sliced cremini mushrooms
- 1 (16 oz) bag frozen peas and carrots
- 2 cups leeks, chopped
- $\frac{1}{4}$ cup all-purpose flour, (plus more for work surface)
- 2 cups vegetable stock
- 1 cup soy milk
- 2 oz cream cheese
- 2 tbsp whole-grain mustard
- 1 tbsp fresh thyme leaves, plus more for garnish
- 1 frozen puff pastry, thawed
- 1 large egg, lightly beaten

1. Preheat the oven to 425°F.
2. Heat butter and oil in a 10-inch cast iron skillet, over medium-high heat, until butter is melted. Add mushrooms in a single layer and cook until golden brown, about 4 minutes.
3. Add carrots, peas, and leeks; cook for about 6 to 8 minutes.
4. Sprinkle flour evenly over vegetables. Stir together until the vegetables are fully coated, smells nutty, and turns golden brown, about 1 minute. Add stock; bring to a boil over high.
5. Now, reduce the heat, stirring constantly, until liquid starts to thicken, about 3 minutes. Remove from heat and stir in the cream cheese, mustard, and thyme. Add the remaining 1 tsp of Kosher salt. Set aside to cool for 5 minutes.
6. While it's cooling, roll the pastry sheet out onto a lightly floured surface, making a 12 inch square. Cut dough evenly into 12 squares, then each square into triangles. Stir together the egg and 1 tbsp of water in a small bowl. Brush puff pastry and then place each piece on top of the mixture in any pattern you like.
7. Place a baking sheet lined with foil on the oven rack; place skillet on top. Bake until the pastry is golden brown and filling is bubbly around the edges, about 30 minutes.
8. Remove from the oven; let stand for 10 minutes. Sprinkle with remaining thyme.

**A GORGEOUS ALL-IN-ONE-
MEAL THAT'S ALSO DELICIOUS.**

LEAH HOWARD'S

Cottontail Martini

SERVES: 1

2 oz Hazel 63 Rum

¼ oz lime juice

1 oz coconut cream

marshmallow fluff

0.5 oz orange juice

coconut flakes

1. Using a spoon or spatula, spread marshmallow fluff around the edges of your glass, being generous with the spread. Dip the areas covered in marshmallow in coconut flakes to create a fun “fluffy cottontail” on your glass. Set the glass aside.

2. Add remaining ingredients to cocktail shaker with ice. Shake generously for 10-15 seconds and pour through the strainer into the prepared glass.

CHEF CARLA FIGÀRO'S

Blueberry, Strawberry, Lemon Shortcake

SERVES: 6-12

SHORTCAKE

½ cups granulated sugar
1 tbsp baking powder
½ tsp pink salt
2¼ cup all purpose flour
½ cup coconut milk
(plus 2 tbsp to brush the
top of the shortcake)

1 egg (or 3 tbsp
arrowroot mixed with
1 tbsp water)
2 tsp vanilla extract
1 cup cold plant-based
butter, grated
2 lemons, zested
2 tbsp raw sugar

STRAWBERRY FILLING

3 cups fresh
strawberries sliced
1 pinch pink salt
1 - 3 tbsp raw sugar

BLUEBERRY FILLING

1 pint fresh blueberries
½ lemon, juiced
2 tbsp granulated sugar
1 pinch pink salt
3 tbsp water

WHIPPED CREAM

2 cups plant cream
1 tsp vanilla extract
2 tsp lemon juice
5 tbsp powdered sugar
1 pinch pink salt
1 pinch cream of tartar
fresh mint, for garnish

SHORTCAKE

1. Preheat oven to 425°F and line a sheet pan with parchment paper.
2. In a large bowl, whisk granulated sugar, baking powder, salt, and flour.
3. In a separate bowl whisk, coconut milk, vanilla, egg, butter, and lemon zest. Fold the wet ingredients into the dry until well incorporated.
4. Dust your work surface and dough with flour.
5. Roll dough out to ½ inch thick square, top the dough with ⅓ of the grated butter, and fold into thirds. Repeat this step twice.
6. Cut the dough into 6-12 equal squares, depending on how big you want your shortcakes. Place each square onto your prepared sheet pan, brush with coconut milk, and sprinkle with raw sugar.
7. Bake 12 - 14 min until golden brown.

STRAWBERRY FILLING

1. Add strawberry filling ingredients to a large bowl, toss and refrigerate.

BLUEBERRY FILLING

1. Add blueberry filling ingredients to a pan; bring to a boil and when the berries burst. Continue to simmer until slightly thickened; set aside.

WHIPPED CREAM

1. Add whipped cream ingredients to a mixer; beat until stiff peaks form and refrigerate.

ASSEMBLY

1. Cut each shortcake in half, top the bottom layers with strawberry filling, then whipped cream, then more strawberry filling. Now top with the other half of the shortcakes. Top with blueberry sauce and a dollop of whipped cream. Add fresh berries for garnish.

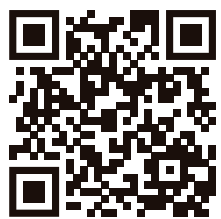




KELLI & ERIN'S
NO-BAKE MINI
LEMON RASPBERRY
CHEESECAKES
RECIPE ON PAGE 31

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